March
April 2022

West Knox County Senior Center

The *Scene*

The Senior Center will be closed on Friday, April 15th in observance of Good Friday.

Inside This Edition:

We've included hyperlinks below. Just click on the program listing and it will take you to the newsletter page to read more about the program.

March 1st… Mardi Gras Treats in the Lobby
March 1st… Grief Support Group
March 2nd… Sew What? Table Topper
March 3rd… Meet the Physical Therapist
March 8th… Medicare Q&A Table in the Hallway
March 10th… American Sewing Guild
March 10th… Steel Magnolias Book Club
Marth 11th… Nail Trimming with Michelle
March 11th… Humana Medicare Advantage Plans
March 11th… Putting Clinic with John Higgins
March 14th… Social Worker Outreach
March 14th… Lessons: Songs for Guitar Starts
March 15th… Grief Support Group
March 15th… Creating Digital Postcards
March 17th… St Patrick's Day Treats in the Lounge
March 17th… Meet the Physical Therapist
March 17th… West Knox County Senior Center Book Club
March 17th… Windows 10 Workshop
March 18th… Android Basics Workshop
March 18th… Fashion Show
March 23rd… Blood Pressure Clinic
March 23rd… Mystery Readers Blook Club
March 24th… 10 Essential Oils You Should Have in Your Home
March 25th… BINGO!
March 28th… Vet to Vet Café
March 31st… Adaptive Technologies Presentation

April 1st… Magic Show
April 5th… Grief Support
April 6th… Sew What? Baby Blanket
April 7th … Meet the Physical Therapist
April 7th … Essential Oils and the "C" Word
April 7th … Medicare Presentation
April 8th … Nail Trimming
April 8th … Humana Go365 Presentation
April 11th … Social Worker Outreach
April 12th … Medicare Q&A Table in the Hallway
April 12th … Dizziness Presentation
April 13th … Newcomers Social
April 14th … American Sewing Guild
April 14th … Apple Camera Class for iPhone/iPad
April 14th … Steel Magnolias Book Club
April 19th … Grief Support
April 19th … Stay Safe Online
April 20th … Art with Durga
April 20th … Laughter Is the Best Medicine
April 21st … Meet the Physical Therapist
April 21st … Apple Basics Class for iPhone/iPad Users
April 21st… West Knox County Senior Center Book Club
April 22nd … Field Trip: The Wall that Heals
April 22nd … Hearing Help
April 22nd … Spring Cookout
April 25th … Vet To Vet Café
April 26th … Essential Functions of Phones & Tablets
April 27th … Blood Pressure Clinic
April 27th … Mystery Readers Book Club

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
Phone: 865-288-7805 and visit us online at www.knoxcounty.org/seniors

You can register for our activities by calling the Center at 865-288-7805

March 1st … Mardi Gras Treats in the Lobby

Tuesday, March 1st is Mardi Gras. Wear your purple, green, and gold and join us for some tempting and delicious treats in the lobby starting at 11:00 AM. Find the Lucky Mardi Gras coins in various places throughout the building from March 1st through March 4th and enter to win a collection of chocolate coins—a Mardi Gras Treasure just for you! One entry per person per day. The winner will be announced Friday, March 4th at 3:00 PM. The winner will have until March 11th to claim their prize.

March 11th … Humana Medicare Advantage Plans Benefits Presentation

Join Teja Cain with Core Insurance Advisors on Friday, March 11th at 10:30 AM when she will explain the benefits of Humana Medicare Advantage Plans. She will bring the catalogs and Order Forms where you can order free items from your plan. There's a variety of items that you can order: bath safety items, items for Diabetes management, fitness devices, vitamins, first aid items, skin care items, and so much more. Teja will show you how to determine what items you can obtain and how to complete the Order Forms. For planning purposes please call the Center or stop by the Reception Desk to sign up for this free and informative presentation.

Income Tax Assistance Programs

AARP Tax-Aide Program is taking appointments over the phone. For information on AARP Tax-Aide, please call 865-229-4429.

VITA (Volunteer Income Tax Assistance) is available through CAC Office on Aging. Appointments are required. To schedule your appointment with VITA call 865-244-3086 Monday through Friday 8:00 AM - 4:45 PM. Volunteer Income Tax Assistance is also available at Cokesbury United Methodist Church. To schedule your appointment to meet with a VITA at Cokesbury UMC, visit https://VitaTaxAssistance.cimply.book.me/v2/

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:00 AM—11:00 AM:
Tuesday, March 1st.,
Tuesday, March 15th.,
Tuesday, April 5th.,
Tuesday, April 19th.

Grief Support group is sponsored by Smoky Mountain Home Health & Hospice. Everyone welcome.

Meet the Physical Therapist

Dr. Lee Easley, DPT., with Knox Physical Therapy will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

Thursday, March 3rd.,
Thursday, March 17th.,
Thursday, April 7th.,
Thursday, April 21st.

Community Outreach Services

Social Worker Outreach

Sara Mary Wallace with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org. She will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: Monday, March 14th., and Monday, April 11th.

Veterans Services Outreach

Knox County Veteran Services Office assists Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: Veterans@knoxcounty.org. A representative from Knox County Veterans Services will be at West Knox County Senior on Thursday, May 12th., from 11:00 AM—11:30 AM. You can schedule your appointment for this day by calling the Center at 865-288-7805.

March 11th … Putting Clinic

We are excited to have John Higgins lead a Putting Clinic on Friday, March 11th at 1:30 PM at West Knox County Senior Center. John has an impressive golf background including playing NCAA Division 1 Golf for Lipscomb University in Nashville where he graduated in 2009. John has given over 2000 Putting Lessons and Co-Founded the SeeMore Putter Institute (SPi) during his career as a Director with a leading global putter manufacturer, SeeMore Putter Company.

John now lives in Knoxville and is the Operating Director for Cornerstone Caregiving. They provide in-home, senior care services and his contact information is Cornerstone Caregiving, 865-234-4443 or email jhiggins@CornerstoneCaregiving.com if you are interested in learning more about his service. Everyone is invited to come to the Putting Clinic, even if you don't have any golf experience. If you do have a putter, please bring it to the Putting Clinic. No cost to participate and prizes will be provided for some of the games. I hope you enjoy it and improve your putting! To sign up for the Putting Clinic, please call the Center at 865-288-7805.

March 14th … Songs for Guitar

Join Ron Elrod on Mondays for one hour of guitar lessons. It's a great class for beginners, no experience required. The class will learn some simple songs (folk, gospel, and country) for the guitar. Learn some of the basic chords and you'll be playing in no time. Students need to bring an acoustic guitar. Mr. Elrod will assist you in identifying the guitar you need if you don't already have one. Class starts Monday, March 14th at 2:00 PM. Seating is limited to four students. Call the Center to sign up.

March 17th … St. Patrick's Day Treats in the Lobby

Stop in on Thursday, March 17th for some St. Patrick's Day treats in the lobby starting at 12:00 PM. Wear your most festive green t-shirt, shirt, or blouse.

Starting Monday, March 14th start looking for the Lucky Shamrock Coins hidden throughout the Center, find one and bring it to the Reception Desk to put your name in the hat for a drawing. One entry per person per day. The person whose name is selected from the drawing will win the Leprechaun's treasure stash of chocolate gold coins. The drawing will take place on Friday, March 18th at 3:00 PM.

Billiards Room available

The West Knox County Senior Center billiard table is available Monday through Friday from 7:30 AM—3:30 PM. Feel free to stop by and practice or play a game with a friend.

Nail Trimming

West Knox County Senior Center will be offering toenail Trimming with Michelle on the following dates:

Friday, March 11th starting at 10:00 AM.,

Friday, April 8th starting at 10:00 AM.

Please call the Center to schedule your appointment. Fee is $12 payable to Michelle.

Blood Pressure Clinic

Courtesy of SR Medical at 10:00 AM on the following:

Wednesday, March 23rd., Wednesday, April 27th.

Cribbage Players Wanted

Mondays 10:00 AM

Do you play Cribbage or would like to learn to play? Stop by the Center for a game of Cribbage. We're hoping to get a good group going.

BUNCO!

Tuesdays at 10:00 AM

Join the Bunco Bunch for two hours of fun. Whether you're new to the game or are a seasoned player feel free to stop in and play.

Chess

Tuesdays at 1:00 PM

Play Chess? Interested in learning to play? Join us on Tuesdays at 1:00 PM.

March 18th … Spring Fashion Show

Kim Olvey's mission at Mae Larue Boutique is to assist individuals with their styling needs. *"I love shopping for the mature woman and to keep them up with trends to make them feel as beautiful on the outside as they are on the inside",* Kim says. After thirty plus years in Corporate America she found herself without a job due to the COVID pandemic and that's when she decided to open her online boutique. She searches hundreds of vendors to bring you the most cost effective wardrobe pieces, while maintaining a higher quality standard. "I want to assist women in finding fashionable trendy items that will allow them to discover their inner beauty. My goal is to help them shine bright." Join Kim for a Spring Fashion Show at West Knox County Senior Center on Friday, March 18th at 1:30 PM. For planning purposes please call the Center to sign up to attend.

You Can Be a Model!

With Kim Olvey's Mae Larue Boutique's Spring Fashion Show coming to West Knox County Senior Center, if you would like to volunteer to be a model for the March 18th Fashion Show, please call the Center and let us know. We'll be sure to pass along your information to Kim.

March 24th … Ten Essential Oils You Should Have In Your Home Presentation

Join Richard and Deborah Molsbee for this Thursday, March 24th presentation at 1:00 PM. This presentation will discuss ten essential oils you should have in your home's medicine cabinet for infections, healing, and well-being. Your questions are most welcome. For planning purposes please call the Center to register to attend.

March 25th … BINGO

Join Elizabeth Rutan-Ram, Community Outreach Representative, with United Healthcare– Medicare and Retirement for BINGO at West Knox County Senior Center on Friday, March 25th at 1:00 PM. If you want to participate bring a White Elephant Gift with a value of $5 in a gift bag for the Prize table. Those attending will be playing for the White Elephant Gifts. Elizabeth will also have some prizes available as well. To participate please register by calling the Center at 865-288-7805 or stop by the Reception Desk.

March 28th … Vet 2 Vet Café

Join Shannon Gibson, with Tennova Hospice and a Navy Veteran as she hosts the monthly Vet to Vet Café, which will meet the 4th., Monday of each month at 2:00 PM. These events are open to all Veterans in the community and provide an opportunity to meet fellow Veterans and share stories. It is our hope that this monthly get-together provides Veterans an outlet to enjoy fellowship with others who share their military history. Light refreshments provided.

Medicare Q&A Table

Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Teja Cain of Core Insurance Advisors of Knoxville. She will be offering free consultation and will explore your questions in person at West Knox County Senior Center. Teja's Medicare Table will be available from 10:00 AM until 12:00 PM on the following days:

Tuesday, March 8th.,
Tuesday, April 12th.

Matter of Balance Workshop

May 20th—July 8th
12:30—2:30 PM

This eight week workshop offered by the UT Extension Institute will be coming to West Knox County Senior Center. The workshop's goals are to help participants reduce their fear of falling by setting realistic goals for increasing activity to promote improved strength and balance, identify ways to change your environment to reduce fall risk factors, develop positive strategies for change, group discussion and problem solving, exercise training, and more. If you would like to participate, contact the Center and sign up today. Seating will be limited.

March 31st … Adaptive Technology Devices: Try Before You Buy

The mission at Spark is to connect people with disabilities in east Tennessee to the adaptive technological tools and services they need to live with maximum independence and dignity. Join Dr. Laura Payne, PhD., and Nancy Carter from Spark on Thursday, March 31st at 1:30 PM when they will be talking about enjoying opportunities to "try before you buy" with a wide range of adaptive technology devices and software, including vision accessibility, smart house technology, and computer access. For planning purposes please call the Center at 865-288-7805 to attend.

April 1st … Magic Show

Who doesn't like a magic show!? Join us on April Fools Day for Maynard's Magic Show on Friday, April 1st at 1:30 PM. This magic show, about forty-five minutes long, will entertain you. In addition, the magician will teach you a trick that you can use to delight your friends and family. It's the perfect opportunity to share a laugh and amazement and learn a trick to entertain the grandchildren. For planning purposes please call the Center or stop by the Reception Desk to sign up for the Magic Show.

April 7th … Essential Oils and the "C" Word

How to use essential oils to boost your immune system when you are diagnosed or dealing with cancer. For planning purposes please call the Center to register to attend this presentation brought to us by Richard and Deborah Molsbee on Thursday, April 7th at 10:00 AM.

April 7th … Medicare Presentation

Come and join Dixie and Kathy, Medicare Brokers, who represent ninety carriers in the insurance industry on Thursday, April 7th at 1:00 PM. With Medicare changing and plans changing from year to year and new ones available in many areas, there could be a better plan choice out there for you both in terms of cost and coverage. Representing the top carriers gives Dixie and Kathy the tools they need to and can provide unbiased information pertaining to your specific Medicare needs! If you have a Medicare Supplement—you may be able to change your plan at any time, if you can medically qualify. Take the time to ensure your plan is meeting YOUR needs for peace of mind and the only cost to do so, is time! If you're new to Medicare, learn about your Medicare paths, your once in a lifetime open enrollment and what it means. What AEP, OEP, and IEP mean, how to compare your group plan if you're still working, etc… They will also have a Q&A at the end of the session. If unable to attend, call or email for individual appointments! You can reach Dixie at 931-266-2774 or email at Dixie@benefits.place.

Table Tennis

Are you interested in playing Table Tennis? If so, we offer this game every Friday from 8:00 AM—12:30 PM If you need a partner to play with, feel free to leave your name and phone number at the Reception Desk. Once we find a potential playing partner, we can reach out to you and team you up with another player. To sign-up for this program, call the Center at 865-288-7805 or stop by the Reception Desk.

Follow Knox County Senior Services on Facebook

If you're on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply "Like" Knox County Senior Services on Facebook. You can easily find it by scanning the QR code with your phone below.

"like" us on facebook

April 8th … Humana Go365 Presentation

For many Humana members, Go365 makes it fun and easier to reach health goals and thrive at any age. You can earn rewards with preventive care like annual wellness visits, bone density screenings, and flu shots, and when you engage in local activities like volunteering or participating in low-impact workouts and nutritional classes. Humana Members can redeem rewards in the Go365 Mall for items such as gift cards to places like Walmart, Amazon, and more. The more steps you take to improve your health, the more rewards you accumulate. To learn more about Humana Go365 and how as a Humana client you can redeem your points before the end of the year, sign up for this informative and educational program with Teja Cain on Friday, April 8th at 10:30 AM.

April 12th … Dizziness Presentation

Dizziness is a common problem that affects many people on a daily basis, but it can be confusing to determine the cause of it. Please join Jason Fuller, PT, from Select Physical Therapy to learn about the various causes of dizziness, exercises, and strategies to manage or eliminate dizziness, and safe ways to improve your balance and function. For planning purposes please call the Center to sign up for this informative and free presentation.

April 13th … Newcomers Social

With Make a Friend Day just a couple of days away, we're going to be having a Newcomers Social. If you're newly retired, new to the West Knox County Senior Center, or possibly have a friend or family member you want to introduce to the Center, join us on Wednesday, April 13th., at 11:00 AM. It's an opportunity to get to know one another, the Center staff, some of our senior volunteers, and some of the programs offered. We'll have light refreshments. For planning purposes, let us know you're coming by calling the Center at 865-288-7805. We look forward to meeting you.

"Because of you, I laugh a little harder, cry a little less, and smile a lot more."

Author unknown

Omron Blood Pressure Monitoring System Available for Check-Out.

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems. The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit see the staff at the Reception Desk.

Hearing Help

One in four people experience hearing loss. It can be a natural progression as we age to experience some hearing loss. Severity of loss can vary from person to person. Mr. Michael Murphy, BC-HIS., from Beltone Hearing Center will be offering hearing screenings and hearing aid cleanings at West Knox County Senior Center at 11:00 AM:

Friday, April 22nd

Please call the Center to register.

Rummikub

Fridays at 12:00 PM

Rummikub is a tile based game for two to four players combing elements of Liverpool Rummy and Mah Jongg. Rummikub became the best selling game in the US in 1977 shortly after its introduction. It's is played at West Knox County Senior Center on Fridays at noon. If you don't know how to play but are willing to learn, please feel free to stop in.

Your Announcements

If your Senior Center group has news or announcements you would like to share in the May/June 2022 eNewsletter, please provide the information to Darrell before April 8th.

April 20th … Laughter is the Best Medicine

Laughing not only feels good, it *is* good for you. This "medicine" is fast, free and can be taken anywhere. Laughter has been shown to reduce stress, boost our immune system, increase blood flow, and relax muscles. Join Cindy for a fun class that will include jokes, memes, laughter yoga (minimal movements) and a laughing basket. Bring a clean joke with you to share and get ready to laugh. For planning purposes please call the Center to sign up for this program scheduled for Wednesday, April 20th at 1:00 PM.

April 20th … Art with Durga

Join Durga for a creative two hour art class experience taught on Wednesday, April 20th from 10:00 AM—12:00 PM. If you want to paint an 11x14" painting the class fee is $25. If you wan to paint a larger 16x20" painting the class fee is $35. Class fee is payable at time of registration. Instructor will provide canvas board, brushes, paints, and instruction. Students will be painting a floral and vase scene as seen to the left. Deadline to register for this class is Wednesday, April 13th. To register stop by the Reception Desk.

April 21st … The Wall That Heals

Knox County Mayor Glenn Jacobs is excited to be hosting The Wall That Heals exhibit in 2022! The exhibit includes a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center. The traveling exhibit honors the more than three million Americans who served in the US Armed Forces in the Vietnam War and it bears the names of 58,281 men and women who made the ultimate sacrifice in Vietnam. Opening ceremony will be at 10:00 AM on Thursday, April 21st. The Wall that Heals will be open to the public 24 hours a day from 10:00 AM on April 21 until 2:00 PM on Sunday, April 24, 2022. The Exhibit will be at Lynnhurst Cemetery, 2300 Adair Dr., Knoxville, TN 37918. Learn more about the Wall That Heals at www.TheWallThatHealsKnoxville.org

April 22nd … Field Trip to the Wall that Heals

Friday, April 22nd we'll be having a two hour field trip to the Wall that Heals at Lynnhurst Cemetery in Knoxville. If you would like to participate in the field trip please call the Center to obtain additional information and to register to participate. Transportation provided courtesy of CAC Office on Aging. Deadline to register for the field trip is April 8th.

April 22nd … Spring Cookout!

Spring flowers are opening and brightening our days. Ready to celebrate Springs arrival? Let's do it with a cookout and some live music from the Hootenanny Boys Band. Our friends at Reams Drug Store is providing hamburgers and hotdogs. Chips and condiments courtesy of Prime West Knoxville. Bottled waters provided by Comfort Keepers. For planning purposes please call the Center at 865-288-7805 to let us know you'll be joining us for the Spring Cookout on Friday, April 22nd at 12:30 PM.

Weather permitting, we'll be having Cornhole games outside. Feel free to stop in and play. We'll have some prizes for the games.

You can register for our activities by calling the Center at 865-288-7805

April 25th … Vet 2 Vet Café

Join Shannon Gibson, with Tennova Hospice and Navy Veteran as she hosts the monthly Vet to Vet Café, which will meet the 4th Monday of each month at 2:00 PM. These events are open to all Veterans in the community and provide an opportunity to meet fellow Veterans and share stories. It is our hope that these once a month get-togethers provide Veterans an outlet to enjoy fellowship with others who share their military history. Light refreshments will be provided.

April 26th … Essential Functions of Phones and Tablets

Join Dr. Laura Payne and Nancy Carter on Tuesday, April 26th at 1:30 PM when they will be talking about the Essential functions of phones and tablets. This presentation brought to us by Spark (formerly known as ETAC East Tennessee Special Technology Access Center), providing a wide range of assistive technology services to thousands of people with disabilities throughout east Tennessee. For planning purposes please call the Center to register to attend this informative presentation.

Pickleball News & Such

Have you noticed more people at Pickleball lately? Our beginner's class is exploding with interest and participation in January. A huge thank you to John Ford, Charlie Kolitz, Norm and Ruth Anne Marsh for helping teach the class. Beginner lessons will continue on Thursdays from 11:30 AM—12:15 PM. Please call 865-288-7805 to sign up for the beginner's lesson and keep it at a manageable number each week. People taking the class are welcome to stay and play, or watch and learn from seasoned players. Regular play is from 12:00 PM—3:30 PM on Tuesdays and 12:15 PM to 3:30 PM on Thursdays. When the beginner's class slows down, we will look forward to providing some intermediate lessons. Look for more information in the future. As always, Pickleball is open play and beginner's lessons are free.

My Notes:

A Note From Mr. Paul Johnson, AARP Driver Safety District Coordinator

After not having any in-person Smart Driver courses, nationwide, due to the lingering COVID pandemic, AARP will start to allow courses again in 2022. However, AARP will only allow classes to be held in areas with a local community transmission below 50 new cases per 100,000 people in the past 7 days. The community transmission levels can be monitored on the CDC COVID Data Tracker website at https://covid.cdc.gov/covid-data-tracker. To date, Knox County's community transmission has not reached this level. Once our area does attain this lower level of community transmission, AARP will allow classes to be conducted. Once classes are scheduled for the West Knox County Senior Center, an announcement will be made. Participants can look forward to updated course materials. As an AARP volunteer, I look forward to everyone participating in the new Smart Driver course at the West Knox County Senior Center sometime in the future.

Paul Johnson, AARP Driver Safety District Coordinator.

A NOTE OF THANKS

We want to thank Comfort Keepers for sponsoring our Valentine's Day Hot Chocolate Café. The table decorations were great and the choices available for the hot chocolate creations made for some delicious and most enjoyable beverages to celebrate Valentine's Day.

We appreciate the artists for participating in our January 31st Art Show in the Hallway to commemorate Inspire Your Heart with Art Day. Everyone got to view some beautiful artwork done in oils, acrylics, watercolors, and other media. Thank you for the inspiration.

View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is also available online. It's easy to see and convenient to refer friends and family to view the newsletter. Just go to: www.knoxcounty.org/seniors and click on West Knox County Senior Center. While on the website you can also view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code to the right.

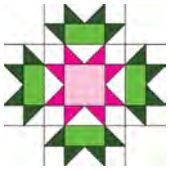
You can register for our activities by calling the Center at 865-288-7805

Sew What?

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM. Their projects for March and April are presented below:

Wednesday, March 2nd
Table Topper

Wednesday, April 6th
Baby Blanket



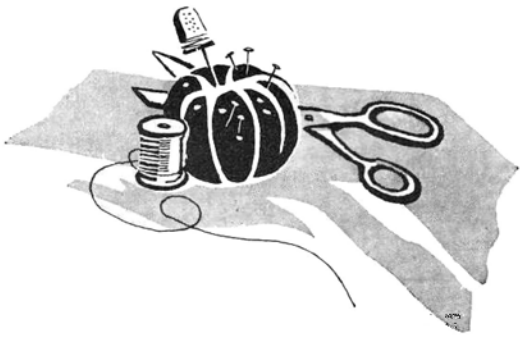
Knitting Group

The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages for our men and women in the Military and our First Responders. If you would like to participate, feel free to come to the knitting group and see what it's all about.

American Sewing Guild

Thursday, March 10th & Thursday, April 14th
at 9:00 AM—1:00 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting! They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit www.asg.org. They meet at West Knox County Senior Center the second Thursday of each month from 9:00 AM—1:00 PM.



Arts & Crafts

Realistic Art Class
Mondays at 1:00 PM

Dianne Kilgore will teach you how to paint a realistic work of art of your choice from a photo of your choosing. Class fee $25 per each class attended. Fees payable to the instructor. Supply list available at the Reception Desk.

Oil Painting Class
Tuesdays at 10:00 AM

The oil painting class with instructor Mr. Alex Dumas has openings for new students! No previous experience necessary to enjoy oil painting. Students can start at any time. Class fee is $12 per class payable to the instructor. Supply list available at the Reception Desk when you stop by to Register for the class.

Watercolor & Drawing Class
Wednesdays at 9:30 AM

You can learn the beauty of water coloring and explore proportions, light and shadow, value, composition and more in this Watercolor and Drawing Class. No previous experience necessary. Class fee is $12 for each class attended. Fees payable to the instructor Mr. Nort Horwitz. A supply list is available.

Watercolor Group
Mondays at 10:00 AM

If you enjoy the art of Watercolor, you're more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There's no instructor and there's no fee. It's a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoyable socialization. No need to register to participate.

Tech Classes

March 15th … Creating Digital Postcards

Wish you were here … Digital postcards are like to postcards you stamp and send through the mail, but you can make them on your computer and send them through email. In this class, you will learn to create a Digital Postcard to describe your hometown or another place you've visited with images and text in Google Drawings. Participants should have a Gmail account (or be willing to link their email to a Gmail account). To sign up for this free Digital Postcards class call the Center or stop by the Reception Desk. Feel free to bring your laptop or iPad. You can also use the computers in the Computer Lab. This free class is brought to us on Tuesday, March 15th at 1:30 PM by Goodwill Industries.

March 17th … Windows 10 Workshop

Have you recently upgraded to Windows 10? Does it look foreign compared to the Windows you were using? Have no fear! This class will walk you through the entire layout of Windows 10, show you the updates, understand the settings, how to pin apps to the taskbar or desktop for ease of use, how to use Cortana, Microsoft OneDrive, Windows Store, Defender and Microsoft Edge. This class will be taught Thursday, March 17th from 1:00—3:00 PM. Class fee is $20. Class size is limited to five students. Payment is due at time of Registration. You can register at the Reception Desk of West Knox County Senior Center. Deadline to register is Tuesday, March 15th. Instructor is Barbara Edwards with Social Media 4 Seniors.

March 18th … Android Basics Workshop

Do you have an Android Smartphone and would like get the most out of its many features, learn how to use its many organization tools and apps? During the four hour Android workshops you will learn the following: different Android options, understanding settings, changing wallpaper, managing apps, searching for, organizing, using, and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting, and more. This one class will be taught on Friday, March 18th starting at 10:00 AM for four hours of instruction. A lunch break will be provided. Deadline to register is Tuesday, March 15th. Instructor is Catherine Everhart with Social Media 4 Seniors.

April 14th … Apple Camera Class

Have you ever tried to take a picture, only to see yourself? Have you accidently taken twenty of the same picture? During this two hour workshop offered on Thursday, April 14th from 10:00 AM—12:00 PM, you will learn the following: how to take a picture, front vs. rear facing, tools on your mobile device camera, editing photos, creating and organizing albums, sending and receiving pictures from email and text, and popular photo apps. Class fee is $20 and is payable at time of registration. You can register for this two hour class at the Reception Desk at Senior Center. Deadline to register is Tuesday, April 19th. This class is brought to us by Social Media 4 Seniors. <u>This class is for Apple products only</u>.

Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available on Fridays from 9:30 AM—11:00 AM with Jake. To sign-up for your tutoring session, call the Center or stop by the Reception Desk.

You can register for our activities by calling the Center at 865-288-7805

April 19th … Staying Safe Online

If you shy away from making online purchases or worry about "being hacked", this class will help you navigate the internet with confidence. We will discuss privacy, malware, and computer viruses. You will learn what to look for in order to determine if a website is safe, how to identify a suspicious email, and what to consider when shopping online. In addition, we will talk about creating and keeping track of your usernames and passwords. This class is brought to us by Goodwill Industries. Instructor is Ayoka Huff-Johnson. To register for this free class call the Center or stop by the Reception Desk. This class is offered on Tuesday, April 19th at 1:30 PM.

April 21st and 22nd ... Apple Basics Class For Your iPhone or iPad

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging and buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble- shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID, and password. This one four hour class taught over two days: Thursday, April 21st and on Friday, April 22nd. Class fee is **$35** payable at time of registration. You can register for this class at the Reception Desk at the Senior Center. Deadline to pre-register is Tuesday, April 19th. Payment is due at time of Registration. Instructor is Barbara Edwards with Social Media 4 Seniors.

My Notes: Classes I would like to sign up and classes I would like to see offered:

You can register for our activities by calling the Center at 865-288-7805

Book Clubs

Steel Magnolia Book Club

The Steel Magnolias Book Club meets on the second Thursday of the month at 1:00 PM. Below is their schedule and selected books to review:

Thursday, March 10th…The Girls of the Atomic City: The Untold Story of the Women Wo Helped Win World War II by Denise Kiernan. A captivating social history of how women made the Manhattan Project in Oak Ridge a success and their contributions in helping build an atomic bomb.

Thursday, April 14th…Book Club Potluck.

West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM. Below are the books the Club will be reviewing for March and April. Please feel free to read the book and join the Book Club for a lively discussion.

Thursday, March 17th… The Book Woman of Troublesome Creek by Kim Michele Richardson
The hardscrabble folks of Troublesome Creek have to scrap for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930.

Thursday, April 21st … The Island of the Sea Women by Lisa See
Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends who come from very different backgrounds. When they are old enough, they begin working in the sea with their village's all-female diving collective, led by Young-sook's mother. As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility—but also danger.

Mystery Reader's Book Club

The Mystery Reader's Book Club meets at 10:00 AM on the fourth Wednesday of the month. Below is their schedule for March and April. Be sure to check with the Center in a couple of weeks for any updates.
Wednesday, March 23rd …. To Be Announced
Wednesday, April 27th … To Be Announced

West Knox County Senior Center Library is Available

The Center's library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you're finished. If you have current titles you would like to donate you can drop those off at the Senior Center's Reception Desk.

Read City USA: Oceans of Possibilities Awaits You in 2022

Join Knox County Mayor Glenn Jacobs, Read City USA, and the Knox County Public as we explore the ocean and read Three Hundred and Fifty Thousand Hours in 2022! It can't be done without you and it's easy to participate. Just plan to read twenty minutes per day or more and track your time. For more information on how you can participate go to www.ReadCityUSA.com or visit your local branch of the Knox County Public Library and inquire about Read City USA.

Exercise Classes at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
(865) 288-7805

Cardio/Strength/Stretch Class Wednesdays and Fridays 9:00 AM

This class a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant BodyWORKS. Students can start at any time. Class is approximately 60 minutes long.

Chair Yoga Fusion Tuesdays and Thursdays 11:15 AM –12:15 PM Class fee $5
This class is ideal for those who want to experience the benefits of yoga but yet, have difficulty with lowering themselves to the floor. All these exercises are done from a chair while seated! Chair Yoga is beneficial to help work muscles, decrease stress, improve posture and flexibility, and more. You can join at any time. This class is brought to us by Covenant Health BodyWORKS.

Barre Exercise for Seniors Mondays at 12:30 –1:30 PM Class fee: $5
Join the Barre for Seniors which focuses on improving balance, posture and core strength with small repetitive movements, that isolate and tone your muscles in specific directions. Bring a mat and wear non-slip socks or slippers in order to articulate the feet. Students can join at any time. Class fee is $5 per class attended payable to the instructor Debbie Ashton. This class will meet on Mondays from 12:30 PM—1:30 PM.

Feldenkrais—Movement Improvement Mondays at 11:15 AM—12:15 PM & Thursdays at 1:00 PM Class fee $5
This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates small movements, done on mats, helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in Physical Therapy clinics as a Feldenkrais practitioner for twenty-two years.

Line Dance Class for Beginners Thursdays at 2:15 PM Starting February 3, 2022 Class fee $5
Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday for the remainder of the year. It's imperative that new students commit to attending the first seven weeks of class to learn the steps. Fees payable to the instructor. Please call the Center at 865-288-7805 to sign up for this new beginner's class.

Line Dance Improvers Class Wednesdays 1:00 PM Class fee: $5.00 per class attended

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

Line Dance Class Intermediate Tuesdays 2:00 PM Class fee: $5.00 per class attended

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.

Pickleball Tuesdays and Thursdays 12:00 PM—3:30 PM Class fee: Free

Play Pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of Pickleball. If you're new to Pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started.

Exercise Classes at West Knox County Senior Center

SAIL (Stay Active & Independent for Life) Exercise Class
Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM Class fee: $4.00 per each class attended.
Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long.

Senior Strong—Total Fitness Class Mondays 8:45 AM—9:45 AM Class fee $4
Join Rachel Piotrowski, certified exercise instructor and personal trainer, for a total body fitness class! This class is tailored to individuals of all fitness levels and focuses on functional exercises to improve overall strength and balance. A variety of body weight and hand weight exercises will be utilized to build upper and lower body strength, improve balance and strengthen the core. Low impact aerobic conditioning and stretching are also incorporated.

Tai Chi for Seniors Mondays and Wednesdays 8:45 AM—9:45 AM Class fee $2
Join instructor Cheryl Chandler returns for Tai Chi for Seniors. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. Senior Tai Chi will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people.

Yang Style Tai Chi For Beginners Tuesdays 9:45 -11:00 AM Class fee: $3
Using the widely popular Yang style, this class meets once weekly. The class focuses on improving balance, flexibility, and strength. New students can start at any time. Class instructor is Mr. Pat Barbiere.

Yang Style Tai Chi Thursdays 9:45 AM—11:00 AM Class fee: $3

If you've taken Mr. Barbiere's class before and are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. Class instructor is Mr. Pat Barbiere.

Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is $20 for a thirty minute session, a one hour session is $40. To schedule your appointment to meet with Rachel call the Center or stop by the Reception Desk.

Complimentary Fitness Room Introduction

Not sure how to use the equipment? A thirty-minute consultation gives you a quick overview of the Fitness room equipment. Rachel Piotrowski (certified personal trainer) will guide you through the weight room to demonstrate how to adjust and use various pieces of equipment safely and effectively. To register for your Complimentary Weight Room Introduction please call the Center or stop by the Reception Desk. The Center's Fitness Room is equipped with treadmills, elliptical, recumbent bike, semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM.

Senior Walks for March & April 2022

March 15th … Mayor Bob Leonard Park Walk
Join April Tomlin, Senior Services Manager, and Cindy Petty from West Knox County Senior Center for a walk around Mayor Bob Leonard Park (301 Watt Rd) at 10:00 AM. This 50 acre park provides four paved greenway trails that loop sections of the park. At the heart of the park, is a beautiful wetland area with a boardwalk and observation deck. We will walk approximately 3 miles.

Join us for lunch afterwards at Big Kahuna Wings at 112828 Kingston Pike, Knoxville, TN 37934. To view their menu visit https://www.bkwings.com/farragut.

Please RSVP to SeniorServices@knoxcounty.org or call 865-288-3761.

April 19th … Seven Island Birding Park

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour.
We will meet at 10:00 AM at the parking lot at Seven Islands and begin our walk at 10:15 AM.
Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, bring snacks if desired, and bring your binoculars! Bottled water provided courtesy of Tennova Hospice. This walk is brought to you by April Tomlin, Senior Services Manager and Darrell Gooding, Coordinator at West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.

2022 Senior Walks from Knox County Senior Services

May 17th … Outdoor Knoxville Volunteer Landing Walk at 10:00 AM.,
June 21st Knoxville Botanical Garden and Arboretum Walk at 9:00 AM
July 19th … Ijams and Forks of the River Walk at 10:00 AM.,
August 16th … Oak Ridge Arboretum at 8:30 AM .,
September 20th … Sequoyah Hills Park at 10:00 AM.,
October 18th … Sterchi Hills Park at 10:00 AM.,
November 15th … Lakeshore Park Walk at 10:00 AM.,
December 13th … Christmas Lights Walk at Founders Park at 5:30 PM.

To receive notifications of future walks email SeniorsServices@KnoxCounty.org and request to be placed on the Senior Services Walking Group eMail List or call 865-288-3761.

West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

March 2022

Activities on the calendar followed by an "*" have a fee to participate.
Activities listed below in bold please register to participate.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
The Following Events/Programs occur weekly:				
8:45 Tai Chi for Seniors* 8:45 Senior Strong Total Fitness Class* 10:00 Cribbage 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Watercolor Group 11:00 Spanish II 11:15 Feldenkrais* 12:30 Barre Exercise Class* 1:00 Mexican Train Dominoes 1:00 Realistic Painting* 1:30 Beginning Spanish	9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Bunco 10:00 Knitting Group 10:00 Oil Painting Class* 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge 1:00 Chess 2:00 Interm. Line Dance*	8:45 Tai Chi for Seniors* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish II 12:30 Mah Jongg 1:00 Line Dance Improvers Class* 1:30 Beginning Spanish	9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:00 Rook 1:00 Feldenkrais* 2:15 Beg. Line Dance*	8:00 –12:30 Table Tennis 9:00 Cardio/Strength/ Stretch* 10:00 SAIL Exercise* 12:00 Rummikub 12:30 Pinochle 1:00 Mid-Day Bridge 1:30 Beginning French
The Following Events/Programs Are Non-Weekly or Specialty Programs:				
Fashion Show Mae Larue Boutique Here at WKCSC On Friday, March 18th at 1:30 PM. RSVP to attend.	*1* 9:00 Treats in the Lobby 10:00 Grief Support Mardi Gras	*2* 1:30 Sew What?	*3* **9:00 Meet the Physical Therapist**	*4* 12:30 Matter of Balance (8:8)
7	*8* 10:00 Medicare Q&A Table in Hallway	*9*	*10* 9:00 American Sewing Guild 1:00 Steel Magnolias Book Club	*11* **10:00 Nail Trimming** **10:30 Medicare Advantage Plans Benefits** **1:30 Putting Clinic**
14 9:00 Social Worker Outreach **2:00 Songs for Guitar Lessons** (starts)	*15* **10:00 Senior Walk Bob Leonard Park** 10:00 Grief Support **1:30 Creating Digital Postcards**	*16*	*17* **9:00 Meet the Physical Therapist** 12:00 WKCSC Book Club **1:00 Windows 10*** St Patrick's Day	*18* **10:00 Android Basics Workhop*** **1:30 Fashion Show**
21 **2:00 Songs for Guitar Lessons**	*22*	*23* 10:00 Mystery Book Club 10:00 Blood Pressure Clinic	*24* **10:00 Ten Essential Oils To Have In Your Home**	*25* **1:00 BINGO** **1:00 Saraha's Art Cafe**
28 2:00 Vet 2 Vet Café **2:00 Songs for Guitar Lessons**	*29*	*30*	*31* **1:30 Adaptive Tech Devices: Try Before You Buy Presentation**	

West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

April 2022

Activities on the calendar followed by an "*" have a fee to participate.
Activities listed below in bold please register to participate.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
The Following Programs Occur Weekly: 8:30 Tai Chi for Seniors* 8:45 Senior Strong Total Fitness Class* 10:00 Cribbage 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Watercolor Group 11:00 Spanish II 11:15 Feldenkrais* 12:30 Barre Exercise Class* 1:00 Mexican Train Dominoes 1:00 Realistic Painting* 1:30 Beginning Spanish **2:00 Songs for Guitar**	9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Bunco 10:00 Knitting Group 10:00 Oil Painting Class* 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge 1:00 Chess 2:00 Interm. Line Dance*	8:30 Tai Chi for Seniors* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish II 12:30 Mah Jongg 1:00 Line Dance Improvers Class* 1:30 Beginning Spanish	9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:00 Rook 1:00 Feldenkrais* 2:15 Beg. Line Dance*	8:00 –12:30 Table Tennis 9:00 Cardio/Strength/ Stretch* 10:00 SAIL Exercise* 12:00 Rummikub 12:30 Pinochle 1:00 Mid-Day Bridge 1:30 Beginning French
Spring Time Cookout Friday, April 22nd at 12:30 PM Please Register to attend at the Reception Desk or Call the Center at 865-288-7805 to register to attend.		**Magic Show** Friday, April 1st at 1:30 PM with Maynord's Magic Show. Share some laughs and amazement. Learn a trick to entertain family and friends. Call the Center to sign up to attend this fun filled Magic Show.		*1* **1:30 Magic Show**
The Following Program Are Non-Weekly or Specialty Programs: *4*	*5* 10:00 Grief Support	*6* 1:30 Sew What?	*7* **9:00 Meet the Physical Therapist** **10:00 Essential Oils and the "C" Word** 1:00 Medicare	*8* **10:00 Nail Trimming*** **10:30 Humana Go365**
11 9:00 Social Worker Outreach	*12* 10:00 Medicare Q&A Table in Hallway **1:00 Dizziness Presentation**	*13* **11:00 Newcomers Social**	*14* 9:00 American Sewing Guild 1:00 Steel Magnolias Book Club **10:00 Apple Camera Class***	*15* CENTER CLOSED Good Friday
18	*19* **10:00 Senior Walk even Island Birding Park** 10:00 Grief Support **1:30 Staying Safe Online**	*20* **10:00 Art with Durga*** **1:00 Laughter Is the Best Medicine**	*21* **9:00 Meet the Physical Therapist** 12:00 WKCSC Book Club **10:00 Apple Basics for iPad/iPhone Users***	*22* **10:00 Apple Basics Class for iPad/ iPhone Users*** **11:00 Hearing Help** **12:30 Spring Cookout**
25 2:00 Vet 2 Vet Cafe	*26* **1:30 Essential functions of Phones & Tablets**	*27* 10:00 Mystery Book Club 10:00 Blood Pressure Clinic	*28*	*29*